



# Give a Big Grin!

**SHOW OFF  
YOUR  
HEALTHY  
SMILE!**



## **Tips for a Healthy Smile**

Brush at Least  
Twice a Day

Brush Your Tongue

Floss Daily

Eat Healthy Foods

Avoid Sugary Snacks

Visit Your Dentist  
Twice a Year

Chew Sugarless Gum

Wear a Mouthguard  
When Playing  
Sports

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